

# *PHOENIX SCHOOL OF MASSAGE*

## *WELCOME LETTER FROM THE DIRECTOR*

Welcome to Holistic Health and Massage. It has been said that a road has a beginning and an end, whereas a path is a journey that provides unending discovery. This is true of the path of holistic health.

The forms of healing I've experienced along the way have transformed how I view my world. They have transformed my body and my mind in countless positive ways, indeed in ways I could not have imagined.

Many similar experiences are in store for you, I am sure. What the holistic health path requires the most is an open mind and heart. Other qualities you soon find are commitment, love, and a sense of adventure.

As you become aware of the profound effects of massage therapy, you will want to learn more. All the while your ability to help others will expand and deepen.

Phoenix School of Holistic Health offers you a strong foundation in massage taught from a holistic perspective that views the client multidimensionally – body, mind, and spirit.

The holistic way at The Phoenix School places emphasis on de-stressing and empowering you, the therapist-to-be. The curriculum lays a strong foundation in Swedish technique, both classic and modern and includes Holistic Massage™. The teaching methods focus on learning-by-doing but mostly on learning-by-having-fun-doing! What you experience by these methods enhances the lectures.

Anatomically speaking The Phoenix School utilizes innovative techniques such as Muscle of the Week Class and Muscle Magic (a vector method to understand the actions of the muscles) to bring the course alive.

Phoenix has advanced the field of massage therapy in the creation of Massage Body Mechanics™ and Holistic Massage™, both published in national journals and taught in our Basic Program. Holistic Massage™ is a formal method to determine massage parameters and give the most suitable massage for the constitution of the client. Massage Body Mechanics™, now comprises the Textbook Chapter, Body Mechanics, in the largest selling text, Massage Therapy Principles and Practices, publ. Elsevier.

# *PHOENIX SCHOOL OF MASSAGE*

## *WELCOME LETTER FROM THE DIRECTOR*

Our Graduate Program has brought to Texas the masters of the Body Therapy Movement from around the world. We have indeed been enlightened and inspired by these leaders.

Opportunities in massage therapy have never looked better. Employment can include private practice or associated practice with holistically oriented doctors. Massage Therapy is listed first under “Best Career to Enjoy Life While You Work”, Consumer Guide. Compensation for massage is well above average.

Massage therapists spend more time with their clients than any other health care modality. The personal rewards of communicating through touch are many fold. Massage Therapy is a path of many dimensions that I recommend highly.

William Barry

DIRECTOR